

**VILAS COUNTY COMMISSION ON AGING
NUTRITION ADVISORY COUNCIL**

March 20, 2014

Susan Richmond called the Nutrition Advisory Council meeting of the Commission on Aging to order at 8:35 a.m. on March 20, 2014 at the Vilas County Commission on Aging office.

Present: Erv Teichmiller, Ken Mitchell, Kathy Roggeman, Champ and Donna Ruffner, Donna Rollmann, Mary Samuelson, and Audrey Stearns. Staff present: Director Susan Richmond and Amie Rein. Donna Christenson was also present. Excused: Diane Briggs, and Kathy Burg

Approve Agenda: Stearns moved and Rollmann seconded the motion to approve the Agenda as mailed, to be discussed in any order at the discretion of the Chair. **Carried**

Agenda #4 Nutrition Director's Report

- Richmond introduced Donna Christenson, who had called to volunteer with the Commission on Aging. She has a background in marketing and nursing. Richmond thought this was a perfect fit for the Pilot Project that we would discuss later in the meeting. Introductions were made.
- Richmond stated that the main reason for the meeting was to discuss the Revitalization Pilot Project Grant offered from the Bureau of Aging and Disability Resources.
- Richmond reported that she had an emergency meeting with the site managers to discuss the sites and what could be changed. Below are some of the ideas from that meeting:
 - Transportation is an obstacle.
 - Change the name – get away from Elder or Senior in the name.
 - Change the days and times at Fibbers, due to poor attendance.
 - Have Preventive Health Screenings offered at each of the sites.
 - Have paid entertainment/music once a month.
 - Bring a Guest to Lunch Day
 - Offer a healthy alternative lunch at each site.

Agenda #5 Discussion on Survey Results

- Richmond mentioned that a survey was conducted with the participants on their satisfaction with the program.
 - Most of the comments were positive with the participants enjoying the meals and socialization with their friends.
 - One comment was made that the site was “clicky”. Discussion held
- The committee talked about other obstacles and ideas to improve the program.
 - Needing another site in the northwest part of the County. Discussion held
 - Many people won't admit that they are old enough to participate.
 - Contact past participants and ask why they are not participating.
 - Have participants connect with others who might need a ride.
 - Participants share 5 facts about themselves.

- Teichmiller asked about Fibbers and why the numbers were down at that site. Richmond spoke about the meals being on Saturday and that changing the time of the meal and having the 3 days during the week might improve attendance. Discussion held.

Agenda #6 Discussion and Recommendations –Revitalization Pilot

- Richmond mentioned that she will be attending the Wisconsin Nutrition Directors Association next week and that the Wisconsin Senior Center Directors will also be there.
- Richmond gave some information about the grant which was also sent to the committee. There are four areas to focus on and the grant can be for any or all the areas which are Facility/ Infrastructure Modifications, Programmatic Enhancements, Administrative Changes, or Outreach/Marketing.
- Discussion was held on the Revitalization Pilot Grant. The maximum amount the grant will be is \$20,000. The grant will be awarded in May and the funds need to be spent within a year.
 - The committee agreed that the Outreach/Marketing portion should be focused on.
 - Richmond had asked Donna Christenson if she would be willing to work with her on the Grant and come up with a marketing plan which would include receiving lists of citizens to “cold call” and find out why they are not coming.
 - Ideas for the grant – Assessment, Marketing Plan, Implementation, Testing Impact, and Recommend Changes. Also to look into purchasing chair pads for the Eagle River Site.
 - A motion to apply for the Revitalization Pilot Project grant was made by Stearns with a second by Rollmann. **Motion Carried**

Agenda #7 Updates from Site Representatives

- Roggeman reported that there have been no changes at Phelps. Participants continue to like the food, setting, and bingo.
- Stearns stated that she needs to go to the Nutrition Site in Eagle River. Richmond stated that things are going well in Eagle River and the numbers seem to be pretty steady.
- Rollmann reported that the issues involving lack of attendance had already been stated.
- Samuelson reported that Lac du Flambeau is working with the elementary school to have the children come and eat with the elders. They are holding an event for the Youth and asking them “How can you help the Elders”. They too are trying to get more participation in the Nutrition Program. They are also applying for a Grant to install a “Sun Room” so the participants will be getting more Vitamin D during the long winter months.
- D. Ruffner reported that Boulder Junction has had a good winter with a few new people. The food continues to be good but they are not able to have bingo due to the setting.
- Mitchell reported that Land O Lakes has been affected by the weather. The food continues to be good. Bill cares and wants to do a good job.

Other

- Teichmiller mentioned that after the election we will know who is on the County Board.
- Teichmiller stated that the County Committee Consolidation will have little affect on this committee because of the citizen members.
- Richmond thanked Teichmiller for his service on the Nutrition Advisory Committee and the Commission on Aging Board for the last 6 years. Teichmiller has been a tremendous advocate for the seniors and the programs that the Commission on Aging provides.

Future Meeting Date

- Richmond mentioned that an e-mail will be sent out to set a date for a meeting in May if the grant is awarded. At that time, it will be determined who will survey what sites for 2014.

Adjournment

- At 10:10 a.m.

Minutes reflect the recorders notations and are subject to approval by the appropriate board or committee.

Submitted by:

Approved by:

Amie Rein
Recorder

Susan Richmond
Director